



# 132nd Fighter Wing

*Iowa Air National Guard*

## ★ *The* **e-Intake**

Vol. 21, June 2012

### COMMAND COMMENTARY

## Lazy Days of Summer.....and Safety

**By Col. Drew DeHaes**

*Commander, 132nd Fighter Wing*

As we kick off the 101 Critical Days of summer, I have a couple of questions I would like to ask. If you knew you were going to be in a car accident on the way home tonight or this weekend with your family in the car, what would you do to prepare?? Maybe check the kid's car seats to ensure they are attached correctly, remove that heavy toolbox from your back seat or get your brakes repaired/tires replaced?? What would you do if you knew someone in your family was going to suffer a major injury while camping miles away from civilization?? Review your self-aid buddy care guide, pack a first aid kit or make sure you knew where the closest hospital was located?? If you were safety minded all these items would have already been accomplished since you never know when the unexpected crash or mishap will occur. We need to prepare for the unexpected and do things that will ensure we give ourselves the best odds of survival

In 2010, 44% of fatal 4 wheel vehicle accidents involved alcohol. That was the highest rate in the past 10 years. Approximately 50% of the fatal single vehicle motorcycle mishaps involved alcohol. Ok, I know I

am a graduate of Texas A&M, but even I can figure out that by not drinking and driving/riding I can significantly reduce my odds of death! If you drink, don't drive/ride. A decision to do so can cost you or

your passengers their life.

If you drink, have a plan.

Use a designated driver.

Last week a study was released by the United States Automobile Association that showed that military members who return from deployments are at a higher risk for at-fault accidents. People in the rank from E1-E4 were 22% more likely to have an accident. E5-E9's were 10% more likely to have an

accident. Officers showed an increase of 3.5%. We just had approximately 300 from the 132nd redeploy home from Afghanistan. Keep your head on a swivel and don't take undo risk when driving.

Summer is a time to spend relaxing with family and friends, not attending funerals. As you head out the door this summer, prepare for the unexpected. Keep your family and your Wingman in your cross check. Be a leader and don't be afraid to speak up if something isn't smart or doesn't look right. Have a safe and relaxing Memorial Day weekend.



# COMMAND CHIEF COMMENTARY

## Farewell!

**By Chief Master Sgt. Angie M. Vos**  
*132FW/Wing Command Chief*

I wanted to take the opportunity to address you one last time before I leave you. I will be retiring in August. Why so soon you may ask? Well, I could make up a good reason and leave here with everyone thinking that everything is just fine, but then that wouldn't be the truth. I strive to live each day according to our core values and my personal Integrity is a big part of that.

The truth is that I have been struggling with PTSD and depression since returning from Iraq in 2010. I spent a lot of time in denial as I did not truly understand the disease. I am embarrassed to admit that I felt that PTSD is something that only "weak" people suffer from and that most people probably just make it up or think something is wrong with them. I also made the assumption that I can't possibly have PTSD because I was only in a war zone for about five months not a year like our Army brothers and sisters and it is not like I saw active combat, so how can I possibly have PTSD. Well, I am here to tell you, you can. It is very real and there is help out there if you are not too stubborn or afraid to ask for it.

We talk about being good Wingmen out here all the time, sometimes it starts to sound a little like white noise, but it took my Wingman to help me to see that something wasn't right with me and to encourage me to get help. That wingman is Colonel DeHaes. He knew something wasn't right with me and asked the

question. Because I knew he was someone I could trust, I told him exactly what I was going through. He listened, he cared, and I knew he had my back. He has been nothing but supportive throughout this and has assured me that whatever I need to do, he supports me.

It has been difficult to accept as it has only been a year that I have had the privilege to be your Command Chief, but I know that the time has come to move on. It is time to take off the uniform and to start focusing on healing. I need to stop putting on the uniform, a professional smile and pretending that everything is fine, when it is not. I know that with time I will heal and that I will be better equipped in the future to help others in need.

Finally, I want to express to you the incredible need to find balance in your life and to cherish your family. I am blessed with an amazing husband and a family that loves and supports me. I could not imagine not having them or my faith to get through this time. Please make your family a priority; at the end of the day, or your career, or your life, they will be there standing along side you.

I wanted you all to know the truth about why I am leaving, and what an incredible Commander you have. I also want each of you to know that if you ever want to talk to me about what you are going through, I am here for you; and not just until August 4<sup>th</sup>. As I told Colonel DeHaes, I want to be a good Wingman to our Airmen and if by sharing my story I can help even one person who is silently struggling, I will be happy. May God bless each of you! Vos Out!

### More News, Photos, and Videos



[www.132fw.ang.af.mil](http://www.132fw.ang.af.mil)

### Employer Support of the Guard and



## Know Before you Owe on Student Loans

**By Major Brian C. Bowman**  
132FW/Legal Office

The Consumer Financial Protection Bureau (CFPB) recently launched the next phase of its Know Before You Owe student loan project by releasing a beta version of the Financial Aid Comparison Shopper, an interactive, online tool designed to help families plan for the costs of post-secondary education.

The Financial Aid Comparison Shopper is available here: [www.consumerfinance.gov/payingforcollege](http://www.consumerfinance.gov/payingforcollege)

Now is the peak time when colleges send letters of acceptance. After the acceptance letters come, financial aid information which is often jargon-filled and unique to the institution sending it soon follows. This can make it difficult for families to understand costs, evaluate loan options, and figure out how much debt to take on.

The beta version of the Financial Aid Comparison Shopper has more than 7,500 schools and institutions in its database, including vocational schools and community, state, and private colleges. It draws information from publicly available data provided by government statistical agencies. With the prototype, students and their families can compare the following across multiple financial aid offers:

- Estimated monthly student loan payment after graduation;

- Grant and scholarship offers;
- School-specific metrics such as graduation, retention, and federal student loan default rates; and
- Estimated debt level at graduation in relationship to the average starting salary.

The Financial Aid Comparison Shopper also includes a “Military Benefit Calculator” that can estimate education benefits for servicemembers, veterans, and their families. The calculator includes military tuition assistance and Post-9/11 GI Bill benefits.

In addition, for those who are having trouble with their private student loans, the CFPB last month launched its student loan complaint system to help consumers deal with their lenders and servicers. Consumers can file complaints about any kind of student loan. While the CFPB will primarily manage the private student loan complaints, the CFPB will work closely with the Department of Education to route complaints that fall under their purview as the overseer of federal student loans.

While the benefits of college are great, the financial pain does not have to be too. It is important that you use all the tools at your disposal to make the best informed decision on how to fund higher education.

**A**  
♥

**Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

**C**

**Care for your buddy**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

**E**


**Escort your buddy**

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

**National Suicide Prevention Lifeline:**  
1-800-273-8255 (TALK)

**USAPHC**  
<http://ghe.amedd.army.mil/>  
♥  
**A**

TA - 095 - 0510



**Department of  
Veterans Affairs**

**VA Suicide Prevention Hotline**  
**1-800-273-TALK**  
(8255)



## What Would You Do?

By Mr. David Noble  
132 FW/ATO

Unfortunately we have all heard or seen news coverage concerning an individual that has decided to kill their fellow students, employees, or DoD Personnel. The shootings at Columbine High School, Virginia Tech., and Ft Hood have brought this to the forefront. The active shooter has become almost common place in our nation and other countries around the world. The Department of Homeland Security defines Active Shooter as "An individual actively engaged in killing or attempting to kill people in a confined and populated area; in most cases, active shooters use firearm(s) and there is no pattern or method to their selection of victims".

Based on lessons learned from the tragic Ft Hood, Texas shootings by a fellow soldier, the DoD has mandated that all personnel working on federal installations receive Active Shooter Awareness training. In an ideal situation we could prevent an active shooter situation from becoming reality, but how do we do that? The first step is prevention: This starts with the ability to detect potential threats. The people most likely to recognize potential threat behavior are friends, coworkers and supervisors. We should recognize changes in behavior with our co-worker(s) that we have been around for a long period of time. Things such as developing a defensive or hostile attitude, increasing belligerence or outbursts of anger should be a trigger. It is all of our responsibility to report unusual/erratic behavior up the chain of command so it can be addressed quickly and appropriate assistance provided to the individual where warranted.

If prevention fails, then response becomes the next option. This is where the "What Would You Do" question comes into play. After the initial notification to 1<sup>st</sup> responders, the Base Defense Operations Center (BDOC) will make a giant voice announcement with the following statement " L O C K D O W N - L O C K D O W N - LOCKDOWN"- Active Shooter in building XXX/or shooters last known location. Once you hear this announcement over the giant voice you must act quickly. The first order of business is to **SURVIVE**: This means seek cover/

concealment immediately. Barricade yourself in your office or other safe location and remain there until the all clear has been sounded by authorities. If you are outside then seek cover/concealment behind objects capable of stopping a bullet. Only evacuate the area/building when directed to do so by law enforcement or as last resort if you have no other options. After you have taken cover or when it's safe then communicate to authorities if you have pertinent information. Rescue or treat the injured: Use judgment here-drawing the attention of the shooter can be costly, possibly even your life. The very last option is to **SUBDUE**: This is considered a last resort for you to consider based on the circumstances you are faced with.

There will be additional active shooter awareness training in the very near future. In the mean time if you should have any questions contact Security Forces at 261-8220 or the Antiterrorism Officer at 261-8737. Remember at the end of the day when our work is finished, the number one job left for us to do, is to report home to our family alive and in one piece.



# FAMILY READINESS

**By Amanda Wicker**

Airman & Family Readiness Program Manager

## FY12 Strong Bonds Retreats

Need an opportunity to get away for some marital reconnection or family time? Take a vacation on us. Below are the dates and locations for FY12 Strong Bonds Workshops.

### Laugh Your Way to a Better Marriage

July 21-22, 2012- Waterloo

The "Laugh Your Way..." workshop was developed by Pastor Mark Gungor, in which he takes a humorous look at the differences between men and women and will you're your rolling in the aisles with laughter. This course will help couples see how they are made and embrace those differences or similarities in their mates.

### 7 Habits of Highly Effective Military Families

July 28-29, 2012- Dayton

The 7 Habits of Highly Effective Military Families is one of the best programs to help military families learn how to stay focused, stay positive, and set goals for themselves and their families. All workshops are FREE of charge. Family Members are placed on Invitation Travel Orders and reimbursed mileage, lodging and per diem. Please contact Samantha Padgett at 515-261-8786 or via email at [Samantha.Padgett@ang.af.mil](mailto:Samantha.Padgett@ang.af.mil) to register.

## UPCOMING EVENTS

Next FRG meeting will be held on 15 July 2012 at 1:30 PM in FSS Conference room bldg. 110.

Child care is provided and all are welcome to attend.

Yellow Ribbon 30-Day Post event, 02 June 2012, at the Airport Holiday Inn. Event will be held at 0900 until 1630.

Yellow Ribbon 60-Day Post event, 14 July 2012, in the 132d FW DFAC (dining facility). Event will be held at 0800 until 1200.

## PEOPLE

### *Movin' In*

Staff Sgt.	DIES, RANDY R.	SFS
Staff Sgt.	HEWARD, JOSHUA T.	CEX
Staff Sgt.	KITTLESON, AMOS B.	MX
Senior Airman	BELL, DAVID A.	MSC
Senior Airman	BUSE, CRISTINA V.	LRS
Senior Airman	GRIMM, LUKE	DTOC
Senior Airman	MILLER, SEAN W.	SFS
Airman First Class	ELLIOT, ZACHARY L.	MSC
Airman First Class	ISLEY, ANTHONY A.	SC

### *Movin' On*

Lt.Col.	FRANK, FREDERICK
Chief Master Sgt.	MONTGOMERY, THOMAS O.
Master Sgt.	LAMB, JEFFREY
Master Sgt.	MILBURN, RICHARD L.
Tech Sgt.	HAMILTON, TIMOTHY D.
Staff Sgt.	FRITZ, AARON A.
Senior Airman	BOND, BRANDON J.